

Homily Summary – 28th Sunday of Ordinary Time – An Attitude of Gratitude

Overview: This Sunday's homily centered on the importance of gratitude - both to God and to others. In the Gospel, only one of ten lepers healed by Jesus returned to give thanks. This connects with our celebration of Thanksgiving in Canada, reminding us to be that "one who comes back" to say thank you - to God, to others, and for the many blessings in our lives.

Main Points

1. Be the One Who Returns to Thank God

- Like the healed leper in the Gospel (Luke 17:11–19), we are invited to pause and thank God rather than take our blessings for granted.
- Often we ask for healing or help but forget to return with thanks.
- Gratitude keeps our hearts humble and close to God.

2. Thanksgiving and the Christian Life

- Thanksgiving weekend reminds us that gratitude is at the heart of Christian living.
- We are blessed with food, family, faith, friends, and a vibrant parish community.
- True joy flows from recognizing that *everything is gift*.

3. Scripture's Call to Gratitude

- "Give thanks to the Lord, for he is good; his steadfast love endures forever" (*Psalms 136:1*).
- "In all circumstances give thanks, for this is the will of God for you in Christ Jesus" (*1 Thessalonians 5:18*).
- "Do not be anxious about anything... but in everything by prayer and supplication with thanksgiving let your requests be made known to God" (*Philippians 4:6*).
- Every Mass is an act of thanksgiving — "*Eucharist*" literally means "*thanksgiving*."

4. The Example of the Saints

- **St. Carlo Acutis (1991–2006)**, whose feast was October 12th, lived a life of joy and gratitude, especially through his devotion to the Eucharist and his use of technology to evangelize.
- **Our Blessed Mother Mary** is an excellent model of gratitude: "*My soul magnifies the Lord, and my spirit rejoices in God my Savior*" (*Luke 1:46–47*).
- Gratitude is a hallmark of holiness—it opens our hearts to receive even more grace.

5. Cultivating Daily Gratitude

- Fr. Greg encouraged practicing "**5 and 5**" each night:
 - Thank God for **5 blessings** that day.
 - Think of **5 ways** you can love God and neighbour better tomorrow.
- Bishop Crosby often says that gratitude can lift us up when we're feeling down - counting blessings changes our perspective.

6. Gratitude in Our Parish

- Fr. Greg expressed deep thanks for the parish community, the beauty of the Church decorations, and the good works being done through various ministries.
- Father mentioned Peter Hoffbauer, a new seminarian who will be joining the parish family.
- Father mentioned the release of the "Good News Report," celebrating how God has blessed the parish in recent years.

7. The Heart of Gratitude

- Gratitude recognizes that everything is grace - even challenges become opportunities for faith.
- God's love and mercy never fail; in Confession, we experience His forgiving love again and again.
- Gratitude is not just a feeling, but a choice that shapes how we live and love.

Catechism References

- **CCC 2637:** "Thanksgiving characterizes the prayer of the Church which, in celebrating the Eucharist, reveals and becomes more fully what she is."
- **CCC 2638:** "Every event and need can become an offering of thanksgiving."
- **CCC 1360:** "The Eucharist is a sacrifice of thanksgiving to the Father."

Reflection Questions

1. Do I regularly stop to thank God for my blessings - or do I tend to focus more on my problems?
2. How can I make gratitude a daily spiritual habit (for example, the "5 and 5" practice)?
3. In what ways can I show greater appreciation to others in my life?
4. How does participating in the Eucharist deepen my spirit of thanksgiving?
5. What can I learn from St. Carlo Acutis and Mary's example of joyful gratitude?

"It is truly right and just, our duty and our salvation, always and everywhere to give You thanks, O Lord."

Rhyme summary: Wakin' up in the mornin', sun hittin' my face. First breath of the day - that's a gift, that's a grace. Could've been stressin', but I choose to praise, 'cause God's been faithful in a billion ways. We got that attitude of gratitude, walking by grace - joy overflowin' with a smile on my face! Thanking God daily, yes, that is my mood, because thankfulness is powerful - it changes our view!

Reasons to come to Mass each weekend

Exodus 20:8 - "Remember the sabbath day, and keep it holy."

Acts 2:42 - "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers."

Hebrews 10:24-25 - "And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching."

Luke 22:19 - "Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.'"

John 6:53-54 - "So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day.'"

Matthew 18:20 - "For where two or three are gathered in my name, I am there among them."

Psalms 122:1 - "I was glad when they said to me, 'Let us go to the house of the Lord!'"

Colossians 3:16 - "Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God."

Additional resources to learn more about God and the Catholic faith

- Check out the resource list available on www.frmerkley.com
- Catholic Answers: <https://www.catholic.com/>
- Word on Fire: <https://www.wordonfire.org/>
- Formed: <https://formed.org/>
- The Coming Home Network: <https://chnetwork.org/>
- Catholic Exchange: <https://catholicexchange.com/>
- Dynamic Catholic: <https://dynamiccatholic.com/>
- The Augustine Institute: <https://augustineinstitute.org/>
- Ascension Press: <https://ascensionpress.com/>
- EWTN: <https://www.ewtn.com/>
- The Catholic Company: <https://www.catholiccompany.com/>
- Busted Halo: <https://bustedhalo.com/>
- CatholicCulture.org: <https://www.catholicculture.org/>
- The Thomistic Institute: <https://thomisticinstitute.org/>
- Ignatius Press: <https://www.ignatius.com/>
- Catholic Education Resource Center (CERC): <https://www.catholiceducation.org/>